

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 2

Oct 3 & Oct 6

IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
/Sweet Potatoes
- Turnips/Radishes
/Beets/Carrots
- Kale/Collards
- Mustards/Arugula
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro,
Chives, Russian
Sage

GREEN:

Cilantro, Dill

ORANGE:

Celosia, Zinnias,
Tithonia, Sorrel,
Strawflower

PINK:

Cosmos, Zinnias,
Gomphrena, Basil,
Lemon Basil,
Parsley, Ageratum

YELLOW:

Sage, Winter
Savory

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>
- Please do not bring dogs, on or off leash, to your pick-up.

Farm Notes:

October started with a burst of sunshine and we were sure happy to see it. A few dry days in a row meant we could finally get our sweet potato harvest underway. The whole team headed into the field sorting thru the earth to find the orange giants of various shapes. Freshly picked sweet potatoes have a thin skin, thin enough to scratch off with a finger nail. Each potato is gently cleaned by hand and set in the greenhouse for curing. Curing will toughen the skin and allow for the potato to store longer.

In the PYO:

Sorrel is back in the orange PYO. It is in row number 7, which is the first row to the right upon entering thru the gate. Sorrel looks a bit like spinach but has sour tang reminiscent of lemon. It can be added to salads or thrown into a smoothie. Pick a leaf and try it in the field for a boost of vitamin C while your picking other flowers and herbs.

Get your **basil** while you can. This summer herb will only last for a little while more. That means its a great time to make pesto to store thru the winter. Not enough basil for a large jar of pesto? Consider bulking up with some other PYO herbs such as parsley, oregano, and chives. There are 4 types of basil growing currently. Find your favorite among the Genovese, purple, Thai, and lemon varieties.

Solar House Tour This Saturday:

-SOLAR HOUSE TOUR & FIELD WALK Sat. 10/6

Come learn all about the Solar House with a personal tour inside. Woody will have coffee available for CSA members from 9 am -11am. The house will be open to the general public from 11am-4pm.

Additionally, a guided Field Walk will take place from 10-11am. This tour (free for CSA members) is a great way to see what's growing and get a better idea of the work happening on the farm.



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Greens & Ricotta Dip **Veg**

1 cup ricotta
1 clove **garlic** minced
1 tbsp. olive oil
1 bunch **mustards or kale**, steamed or sautéed, coarsely chopped and drained of excess liquid

1 teaspoon Dijon mustard
Pinch of nutmeg
Kosher salt and freshly ground pepper
Crostini or crackers, for serving

Preheat oven to 425 degrees. Combine ricotta, garlic, greens, and Dijon in a bowl, and season with salt and pepper. Spoon mixture into a shallow ovenproof dish. Bake until the top is light golden brown, about 12 minutes. Serve with crostini or crackers.

Southwest Quinoa Stuffed Butternut Squash **Veg, GF,**

1 **butternut squash**
1/2 cup cooked black beans
1/4 cup dry quinoa
5 mini **peppers** chopped
1 **jalapeño pepper**, finely chopped (optional)

1 bunch **cilantro** chopped (divided in half)
1 can (14.5 oz) diced tomatoes, drained
1/4 cup shredded cheese
2 Tbsp plain Greek yogurt or sour cream
1 small avocado
1 lime cut into wedges (optional)

1. Preheat oven to 425 degrees.
2. Cut the squash in half, then scoop out the seeds.
3. Cover the bottom of a baking tray with a layer of water, then place each half of the squash facedown. Bake for 30-40 minutes (time will depend on the size of the squash). Squash should be soft enough to cut into with a fork.
4. While the squash is baking, cook the quinoa according to directions. When the quinoa is done, add in the beans, chopped peppers, half the cilantro, and tomatoes. Mix together until everything is heated up. Set aside.
5. Using a fork, scrape the middle of each squash half to create a "bowl", leaving the squash in the center. Fill each half with the quinoa mixture.
6. Top each half with shredded cheese, then put back in the oven for about 5 minutes to melt the cheese.
7. Remove from oven and squeeze lime wedges over finished squash. Top with with avocado slices, Greek yogurt or sour cream, and remaining cilantro

Using Your Mustard Greens: Chiffonade

Mustard greens are doing very well this season. A southern staple, mustards are known for their spicy kick. They can be used as a flavor addition when the greens aren't the main event. Stack and tightly roll leaves together, then slice thinly (a technique known as chiffonade) and mix greens into soups, salads, pastas.

